



Sun Down to Sun Up

A CAMPING CHALLENGE
FROM THE BC CAMPING COMMITTEE



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Objectives

The goal of the Sun Down to Sun Up Challenge is to get girls experiencing the wonders of the night. Ideally this challenge will be done in a sleepover or camp setting.

We encourage every group to submit pictures, and possibly a write-up of their event to the BC Camping Committee to be used in our Headlamp newsletter. Please email them to headlamp.bc.ggc@gmail.com

Challenge Requirements

Each girl is required to complete the following number of challenges according to her branch, with a minimum of 1 per category.

- Sparks – 6 challenges
- Brownies – 7 challenge
- Guides – 8 challenges
- Pathfinders/Rangers -9 challenges

Categories

- ARTS
- FOOD
- SCIENCE
- COMMUNITY
- NATURE
- OUTDOOR SKILLS

When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges). Instructions on how to order the crests are provided on the form.

ARTS AND GAMES

- 1) Plan and lead a campfire for your camp/event.
- 2) Play 2 different night games.
- 3) Tell a story using shadow puppets.
- 4) Learn about the history and culture of dream catchers and make one.
- 5) Using glow in the dark stickers or glow paint, make a map of your favorite constellation.
- 6) Learn about nocturnal animals. Create yoga poses you think reflect their movements.
- 7) Make and decorate a pillow case for camp.

FOOD

- 1) Hold a gourmet s'mores bake off.
- 2) Create and enjoy a menu of food that is full of nutrients to help you stay awake and alert all night.
- 3) Try a sleepy time tea tasting– does it work? Learn about caffeinated and caffeine free beverages.
- 4) Find an overnight recipe such as cinnamon buns or a breakfast casserole. Make it, have fun all night long, enjoy!
- 5) Animal proof your food for an overnight in the woods. Make a bear cache.

SCIENCE

- 1) Make your own glow sticks / glow bottles.
- 2) Learn about sleep, REM, seasonal affective disorder and ways to help yourself sleep better (eg. counting sheep).
- 3) Learn about the Aurora Borealis. Can you see it where you live? Why or why not?
- 4) Learn about the sun and moon.
- 5) Do experiments/activities where you use your sense of sounds, smell, touch, and taste instead of your vision.

COMMUNITY

- 1) Visit a business in your community that is open overnight (radio station, shipping warehouse, transportation depot, and bakery) and learn about their business.
- 2) Learn about services in your community that help others at night (transition house/shelters, hospital, ambulance station, police station, fire house).

- 3) Do a service project (care bags, blankets, coat/mitt drive) for those that use our emergency services at night.
- 4) Many people work over night (commonly called graveyard shift). Make up care/thank you packets for those that work hard for us at night, such as utility technicians (hydro/telephone), emergency services personnel (fire, police, ambulance, dispatch, hospital staff), road crews/snow plow drivers.

NATURE

- 1) Have a scavenger hunt in the dark.
- 2) Play a night eyes game.
- 3) Invite in a local astronomy club to help you explore the night sky.
- 4) Learn about the nocturnal animals that live in Canada.
- 5) Find a safe spot outside and settle in. Just listen and see what you can hear.
- 6) Learn about things in nature that naturally glow in the dark.
- 7) Build bat or owl boxes. Check with local conservation organizations to see if they have any other service project you could help with.

OUTDOOR SKILLS

- 1) Build an emergency shelter from minimal supplies. Sleep in it if you can.
- 2) Learn to light and care for a propane or white gas lantern.
- 3) Make a fire from a flint or limited supplies.
- 4) Learn how to navigate by moonlight.
- 5) Put up your tent in the dark...or blindfolded.
- 6) Explore different types of gear that make up a bedroll (sleeping bag, mat, liner) and learn about how to maintain it. Practice putting together a bedroll.